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JUSTIN TANG/THE CANADIAN PRESS

O, TEAM CANADA

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Ottawa 2017 goes global

DIVERSITY

Embassies invited to host their own fetes

Haley Ritchie
Metro | Ottawa

Ottawa 2017 planners are hoping that Canada won't be the only country celebrating a birthday in the city next year.

Executive director Guy Laflamme and Mayor Jim Watson have been reaching out to local embassies for an event series called Ottawa Welcomes the World that would invite other countries to host their own national celebrations in the capital.

"They would be one-day events that would celebrate the culture of that country through a showcase of music, food, cinema and dance," said Laflamme.

"At the same time, it would become a celebration of Canadian diversity by having a wide spectrum of cultures and countries being celebrated," he said.

Starting in January of next year, countries around the world would be invited to stage a one-day immersive cultural event in a Lansdowne venue, either Aberdeen Pavilion or the Horticultural building.

The events would be aimed at both local residents and visitors. Laflamme said he hopes events would also bring people from expat communities in Montreal and Toronto to the city.

He said the plan has been in progress for 18 months and so far over 25 local embassies have expressed "a strong desire" to partner with the city on an event.

There are at least 129 embassies and high commissions in the city, and ideally a schedule would include "at least a couple of events every month of the year," according to Laflamme.

Last week, Ottawa 2017 released a tender document asking for event planning firms to come forward to help orchestrate the yearlong event schedule.

Each event would be allowed to display for one day, and sometimes events would be scheduled on consecutive days, according to the document.

Laflamme said while the culture and arts of the country would be at the forefront, the events would also offer a chance to teach younger residents about the history of immigration and for countries to showcase their economic opportunities.

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metro NEWS

Your essential daily news

Controversial Peeple app launches Monday. **Business**

SCIENCE

Public to sound off on hospital campus

Emma Jackson
Metro | Ottawa

Residents who care where the Ottawa Hospital builds its new civic campus can finally access decision-makers Monday night.

An information session begins at 4 p.m. with an open house at the Ottawa Conference and Event Centre on Coventry Road.

Hospital CEO Jack Kitts will make a presentation between 7 and 8:15 p.m. and then take questions for 45 minutes.

The meeting follows more than a year of backlash after the hospital announced in November 2014 it would build its new "21st-century hospital" on 60 acres of the Central Experimental Farm next door to its civic campus on Carling Avenue.

The plan would plow over a field of important scientific plots, destroying decades of climate-change research.

Researchers and residents alike were blindsided by the decision, which was made by the federal government without any public consultation.

But with the Liberals now in power, Catherine McKenna — MP for Ottawa Centre and Canada's minister of environment and climate change — and hospital officials have promised a more open process.

They're studying four possible locations: the former Sir John Carling building site, Tunney's Pasture, the current farm location and a reconfigured version of the current site that would minimize research loss.

INVESTIGATION

Ottawan shot dead by Toronto police

Friends of Devon LaFleur are shocked the towering, "gentle" 30-year-old Ottawa man with a love of nature and history of mental illness was shot dead by Toronto police.

"He was the most gentle happy man I ever met in my life," said Nayef Abdul, who grew up with LaFleur in Ottawa's south end and saw him as recently as six weeks ago.

The province's Special Investigations Unit says three Toronto officers shot him outside a women's shelter, St. Clare's Residence, on Friday night.

The Ottawa Citizen reported that police on Friday reported LaFleur missing and warned he might be armed. The newspaper quoted sources alleging LaFleur was suspected of robbing a bank in Kanata.

The newspaper said LaFleur had been arrested in 2007 and 2009 for robberies in Ottawa.

TORSTAR NEWS SERVICE

Salvation Army calls for urgent resupply

CHARITY

Centre helping three times as many families due to refugees

Haley Ritchie
Metro | Ottawa

The Salvation Army is putting out a renewed call for donations after admitting it is struggling to keep up with community need amid a sudden crush of Syrian refugee clients.

"We have a need for everything," said spokesman Sean Maddox on Sunday.

Maddox said the centre usually serves 10 to 20 families a day but is now helping up to 60 families a day.

The crush of new clients, many living in hotels near the Booth Centre, means the Salvation Army is running low on everything from food to clothing to housewares.

Maddox said the Salvation Army expects the pressure to continue as more refugees arrive in downtown Ottawa.

"Probably after this first wave it won't be as sudden; it'll be more manageable. But right now we're just inundated. We're reaching out to the community, saying if you have things to give we're ready to take it," he said.

Minister John McCallum, left, greets Khloud, centre, along with her family at Pearson International Airport in Toronto on Feb. 29. NATHAN DENETTE/THE CANADIAN PRESS FILE

Maddox said that while generous donations came in during December and January, the needs for the refugees will shift over the next few months and different donations will be required.

Refugees will soon need clothes for warmer months and housewares as they relocate from hotels to homes.

Both local and refugee families need perishable and non-perishable food.

"We're falling short and we've had to cut back the amount of food we're giving everyone," he said.

Food donations can be given at the Booth Centre, 171 George St. location, while clothing and other goods can be brought to a thrift-store location. Financial donations can be made online.

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5 THINGS TO WATCH AT CITY HALL THIS WEEK

There aren't many meetings this week, but there's no shortage of excitement. On Tuesday alone you can revisit the controversial neighbourhood revitalization plan or open the books on library planning. And welcome the spring weather with two cycling meetings and summer camp sign-up. **EMMA JACKSON** METRO

1 Better neighbourhoods

Remember that time Diane Deans' pet project was hijacked in favour of a study? You recall: She proposed a $250,000 program to revitalize the chronically underprivileged Heatherington neighbourhood. Instead, council voted to study exactly which of Ottawa's poorest communities deserved the money most. Well, staff now have the answer: It's Heatherington. And Carlington, and Vanier: They all scored virtually the same on a neediness scale. So who will get the money? Carlington, this year, with Heatherington and Vanier following in 2017 and 2018. Head to planning committee Tuesday to hear the inevitably raucous debate.

2 Spring and summer recreation

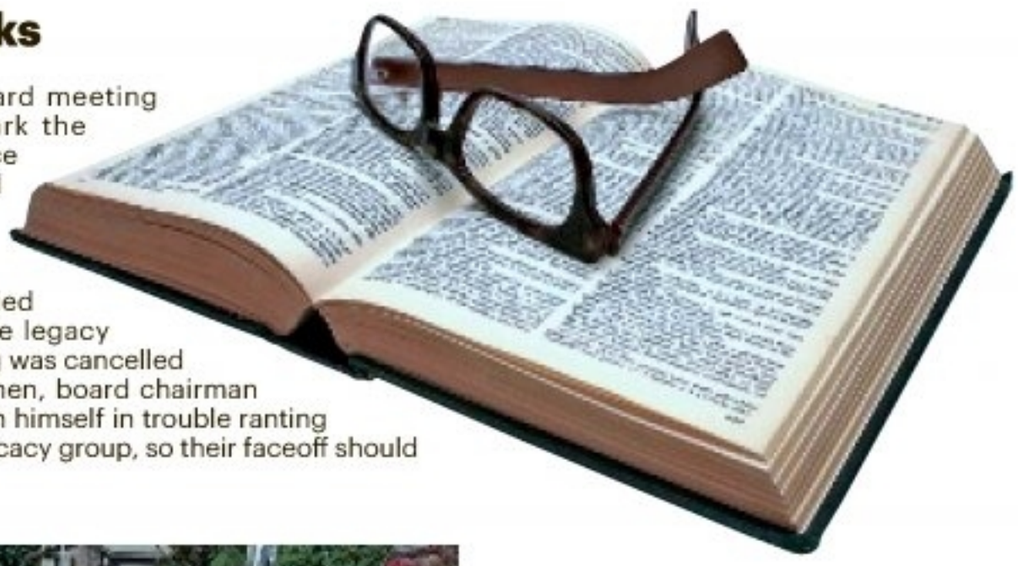
Warm weather, puh! There's another sure sign of spring this week, and that's the panic attack you're about to have when you realize all the other parents are registering their kids for summer camp, swimming lessons and fitness programs this week. It's a competitive game, and the city suggests you test your technology before the registration lines open 9 p.m. Monday night for swimming and 9 p.m. Wednesday for everything else. Visit Ottawa.ca/recreationguide for details. If you have time, check out the adult listings — you might need some zen meditation after booking for the kids.

3 O'Connor bikeway

Eager for a closeup look at the O'Connor bikeway project? The city will deliver Monday night with an open house at Dominion Chalmers church from 7 to 9 p.m. We know the basics: The bikeway will be constructed this summer from Laurier to Fifth avenues (the final leg from Laurier to Wellington Street is delayed until 2018). From Laurier to Pretoria, cyclists will enjoy a segregated, bi-directional bikeway. But after that it gets messy, and cyclists will have to contend with a mix of painted and shared-use lanes, a compromise the city made to deal with complaints about loss of parking. On Monday, hear more about detailed designs and construction plans.

4 Open the books

Expect a tense library board meeting Tuesday night as Bookmark the Core comes out in full force to advocate for a new central library that's truly downtown — and transparency about choosing a spot. It's the second time the library's tried to receive an update on the legacy project; last month's meeting was cancelled for low attendance. Since then, board chairman Coun. Tim Tierney has gotten himself in trouble ranting publicly about the local advocacy group, so their faceoff should be worth a 5 p.m. meeting.



5 Building Beechwood

If you're a pedestrian, a cyclist or really anyone who travels Beechwood Avenue, you know it can be less than pleasant. Councillors Tobi Nussbaum and Mathieu Fleury will host their second open house Wednesday night to discuss how private redevelopments might pave the way for some interim safety measures until the street can be totally rebuilt. Between 4 and 8 p.m., drop in to the banquet room at Chartwell New Edinburgh on MacKay Street.

Westboro couple Janelle Zhao and Samuel Cormier-Iijima relax ahead of their 12-person dinner party as private chef Brenden Johnstone prepares a gourmet meal in their kitchen.
EMMA JACKSON/METRO

Forget pizza: Get chef delivered

DINECASA

Easier to host dinner parties when someone else is cooking

Emma Jackson
Metro | Ottawa

On March 3, chef Brenden Johnstone took over Janelle Zhao's polished Westboro kitchen.

For the first time in weeks, the scent of a home-cooked meal filled the house. Every burner was hot as Johnstone alternatively whisked a roasted oxtail demi-glace and stirred dehydrated mushrooms into a risotto broth.

With 12 people coming for dinner, Johnstone was on the clock to have the first course on Zhao's teak dining room table by 7:45 p.m.

Despite hosting a mid-week birthday party, Zhao was a vision of relaxation as she awaited her guests with a glass of red wine. Other than pulling out some bowls and plates, she hadn't had to lift a finger.

DineCasa pairs freelance chefs with hosts looking to impress their guests with an in-home gourmet meal.

It's the brainchild of Ottawa foodie Sabrina Leblanc, who launched the business in January after a stint on Next Gen Den, a web version of Dragon's Den for young entrepreneurs.

She said the idea grew from her own busy life: she rarely hosted dinner parties, because it meant buying, prepping and cooking the food — for better or for worse.

"I'm not a great cook, but I'm a huge foodie," Leblanc said.

The idea is simple: on the DineCasa website, hosts can plug in their budget, number of guests and style of food.

They can choose from set menus or request more customization.

Once the date and menu are set, the host simply offers up their kitchen to the chef, who will arrive, ingredients in hand, to cook a fresh gourmet meal for four to 50 guests.

For Zhao and her husband Sam Cormier-Iijima, having a chef do all the heavy lifting put the joy back into hosting.

"I get anxiety if we have to cook for even a small dinner party," Zhao said. But with a chef in her kitchen, "I can look forward to the day instead of dreading it."

Enter Johnstone, who for $40 per person, served a three-course meal that began with his signature beet and goat cheese garden salad. His entree was a rack of lamb marinated in a Dijon and port rub and served on a bed of mushroom and Parmesan risotto, with asparagus spears on the side.

The meal included homemade ciabatta buns with hand-churned butter, followed by a croquembouche puffed pastry dessert.

Leblanc said there's a gap in the Ottawa catering market for small dinner parties, and this fills it in a glamorous yet affordable way.

"We make private chefs accessible and affordable because they are just building their portfolio, so they're offering very reasonable prices."

For Johnstone, the gig is a chance to get creative, a break from following someone else's menu at his day job.

"Once a month I get to make something of my own design and it kind of feeds my need for that," Johnstone said.

Using someone else's personal kitchen is itself a creative exercise. With no site visit beforehand, Johnstone has to have faith his client's kitchen will meet his needs, although he does bring his own knives and some pots and pans, as well as a mobile induction burner.

For guests, it's all part of the show.

"The coolest thing about this is the experience," Leblanc said. "Impress your guests."

> **The coolest thing about this is the experience. Impress your guests.**
> Sabrina Leblanc, founder, DineCasa

Chef Brenden Johnstone plates his beet and chèvre salad at the hosts' home, He's one of the chefs who will prepare gourmet meals in your kitchen through the new service DineCasa.
EMMA JACKSON/METRO

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Brothers Ben Toeg (left) and David Toeg appeared on CBC's Dragons' Den on Wednesday night, but left empty-handed. COURTESY CBC

'You came, we saw, but I'm out.'

DRAGONS' DEN

Nail hygiene product fails to entice TV venture capital

David Sali
Ottawa Business Journal

Ben and David Toeg didn't exactly clean up in their bid to land funding for their hand hygiene product on CBC's Dragons' Den.

In fact, the two brothers from Ottawa couldn't entice a single dragon into putting cash into freshnails, a sanitizer containing a blend of six "essential moisturizers and antioxidants" that its makers say kills up to 99.9 per cent of all germs and bacteria under a user's fingernails.

The Toegs were seeking $100,000 for a 10 per cent stake in the company but left empty-handed. In a segment that aired Wednesday night on the popular series, the dragons told the siblings in no uncertain terms that they still had a lot of work to do to create a product with mass appeal.

"I can spend 79 cents and buy a big thing of Q-tips, a little jar of Purell, I'm good to go," merchant banker Michael Wekerle said after learning freshnails retailed for $19.95. "I can't see the value in it."

Fellow dragon Manjit Minhas, CEO of Minhas Breweries & Distillery, agreed.

"At this point, I really just think it's a gimmick," she said.

The brothers Toeg did manage to draw a few laughs from the notoriously hard-to-please group of investors, however.

Dressed head to toe in Roman garb, including sandals and a centurion's helmet, David hauled his older sibling on to the set in a makeshift chariot.

When David explained that the word hygiene is derived from Hygieia, the Greek goddess of health and cleanliness, the dragons couldn't help but chuckle.

"Why are you dressed as Romans instead of Greeks?" asked Boston Pizza founder Jim Treliving.

"It was easier to get these costumes," David quickly replied with a grin.

In the end, though, not even that creative touch was enough to win the dragons over.

"You came, we saw, but I'm out," said tech entrepreneur Michele Romanow.

Despite their disappointment, the brothers say the experience was worth it.

> **There's not a script for this. You have to learn it as you go along.**
> Freshnails co-developer Ben Toeg

"To be honest with you, we wanted to get on just for the exposure," Ben Toeg told OBJ a day after the episode aired. "They basically said, 'We think it's too early stage for us.' Of course, you want them to jump on right away, but we could understand why not. At the end, what we wanted was to be on (the show). It was a really good experience."

The segment was filmed last April, he said, and "a lot of things have changed since then."

The company recently landed a contract worth more than $100,000 in Sweden and has already booked sales of more than $140,000 in the first two months of 2016, nearly matching its total for all of last year.

"We're starting to hit some pretty big markets," Toeg said, adding his phone started ringing Thursday morning with inquiries from other potential customers who saw the product on Dragons' Den, including reps from Toronto's Sunnybrook Health Sciences Centre.

Toeg, who suffers from multiple sclerosis, said the grand chariot entrance was as much a product of necessity as anything else.

"I can't stand for 45 minutes," he explained, adding they paid a Toronto rickshaw builder $1,300 to construct the device. "We had to figure out a way that I could talk to them and not be standing for that long."

Other things have changed significantly since then, he noted.

The company has cut the per-unit production cost of freshnails from $6.50 to $1.50 after switching to a different manufacturer in China, resulting in a substantial reduction in the retail price to $9.95.

He and business partner Sayed Dadshani have poured hundreds of thousands of dollars of their own money into the venture, Toeg said, and have also secured some government grants.

"We're at the point where we have to start raising investment dollars for marketing," he said.

Being an entrepreneur in the real world, he notes, is nothing like filming a segment for a TV show.

"There's not a script for this," Toeg said. "You have to learn it as you go along."

CRIME

Mom found guilty in disabled girl's death

A Toronto mother accused of killing her severely disabled daughter was found guilty of first-degree murder in the girl's death on Sunday.

Cindy Ali, 45, was sentenced to life in prison with no chance of parole for 25 years.

Ali had pleaded not guilty in the death of 16-year-old Cynara, who had cerebral palsy and couldn't walk, talk or feed herself.

Crown prosecutors had argued that after years of being the primary caregiver for the infant-like Cynara, Ali smothered her daughter with a pillow and created an elaborate story about a home invasion to cover up her crime.

Ali's defence lawyers argued, however, that Cynara was cherished by her mother and died either after seizures that might have been triggered by the alleged home invasion, or from a lung infection.

"I expect we will have instructions from Cindy Ali and her family to proceed with an appeal," Ali's defence lawyer Christopher Hicks said outside court following the verdict.

Cynara was pulled off life support in a Toronto hospital in February 2011, two days after emergency personnel responding to a 911 call about a home invasion found her without vital signs.

An autopsy found Cynara's immediate cause of death was a brain injury from deprivation of oxygen, which was caused by cardiac arrest. That cardiac arrest, court heard, could have been caused by suffocation.

A pathologist called by Ali's defence lawyer testified he found "no physical evidence" of smothering in the case, but noted he also could not entirely rule it out as a possibility. THE CANADIAN PRESS

Cynara Ali. CONTRIBUTED

U.S. President Barack Obama and Prime Minister Justin Trudeau are seen at a bilateral meeting at the Asia-Pacific Economic Cooperation summit in the Philippines in November last year. **Trudeau will visit the White House, speak to a women's group in New York and attend a nuclear summit in Washington throughout March.** THE ASSOCIATED PRESS

Trudeau's U.S. trip a stately throwback

POLITICS

PM channels former prime minister with 3 visits in March

This month will feel like a blast to a long-lost past where Canadian prime ministers visited the United States frequently and received considerable attention while doing so.

Prime Minister Justin Trudeau will be in the U.S. three times this month: for a state-level visit to the White House this week, to speak to a women's group in New York the following week and for an international nuclear summit in Washington at the end of the month.

The number of visits in such a short period and the level of attention they're expected to garner will have a bit of a Mackenzie King feel to them.

Newspapermen would crowd into the Canadian embassy and write lengthy stories even when the famously tight-lipped King had nothing to say during his several-times-a-year visits to his buddy Franklin Roosevelt.

"It's only to be expected that when one of the capital's favourite visiting statesmen comes to town he will be wined, dined and feted," a 1942 society column in the Washington Post wrote.

The trips became less familiar and less frequent after the Second World War.

> A world which seldom spares a thought for Canada and Canadians is suddenly interested in Pierre Elliot Trudeau. Washington Post, 1969

Lester Pearson visited a few times in a short span. He was on the front page of the New York Times and Washington Post, smiling with John F. Kennedy at the family compound in Cape Cod.

His next visits were tinged with tragedy following the death of Kennedy, and he was at odds with Lyndon B. Johnson.

There's a more relevant precedent for the attention on Trudeau: his dad.

"A world which seldom spares a thought for Canada and Canadians is suddenly interested in Pierre Elliott Trudeau as the most improbable of prime ministers," began a 1969 profile in the Washington Post.

Trudeau infuriated Americans by ordering a reduction in oil exports to the U.S. by nearly one-quarter during the 1970s oil shock. On one visit, he was warned by a famous lawmaker that this would cause an "ugly relationship." THE CANADIAN PRESS

DIPLOMACY

'Establish him as an American celebrity'

A veteran of the Obama White House who specialized in international outreach says Canada's rookie prime minister has an extremely rare opportunity for a foreign leader: the chance to be heard by Americans.

Brett Bruen shared some thoughts in advance of Justin Trudeau's red-carpet visit this week, based on his own career as a U.S. diplomat who until recently was the White House director of global engagement.

He said foreign leaders are forever struggling to get American attention — for themselves, but more importantly for the priorities that matter to them and their citizens.

"It's incredibly challenging," Bruen said in an interview.

Trudeau has become a minor U.S. celebrity — with profiles in Vogue magazine, the style and review sections of the New York Times, in the Washington Post this week and CBS's 60 Minutes on Sunday.

He said Trudeau could capitalize by doing more unconventional media. He suggested reaching Americans who don't follow the news — in places as unusual as sitcom appearances.

"Establish him as an American celebrity... That's one of the unique opportunities offered by his prime ministership," said Bruen, who left the White House last year.

"Here's someone who's young, dynamic, who's piqued the interest certainly of pundits and observers. Now you want to go capture the interest of the man or woman on the street who'll say, 'Yeah, I know Prime Minister Trudeau. When he speaks about immigration issues or climate change or trade, I'm going to pay closer attention, because he's someone that I see regularly.'" THE ASSOCIATED PRESS

RISK-REWARD

Trudeau attention a double-edged sword: The Hill

The risk-reward potential was evident last week, in two headlines in The Hill. One may have been a compliment: "'Canadian Obama' to visit White House." But there were less-than-flattering responses to, "Canada's prime minister to Americans: Pay more attention to the world." THE ASSOCIATED PRESS

GREAT LAKES

U.S. city asks to draw water from basin

A request by a small city in Wisconsin to draw water from the Great Lakes is causing concern among American and Canadian communities around the basin, with some opponents warning the move could set a dangerous precedent for other jurisdictions facing water shortages.

Waukesha, a city of about 70,000 people, wants to divert water from Lake Michigan because its own aquifer is running low and the water is contaminated with high levels of naturally occurring cancer-causing radium.

The city argues that although it's located outside the boundary of the Great Lakes basin, it is part of a county straddling that geographical line and therefore should be allowed access to the lakes' water. It also promises to return treated water to Lake Michigan.

Under a current regional agreement between eight U.S. states and Ontario and Quebec, diversions of water away from the Great Lakes-St. Lawrence River basin are banned, with limited exceptions that can be made only when certain conditions are met.

Waukesha is seeking to become the first such exception.

Ontario and Quebec have a part to play in the entire process, which is heading towards a final decision this spring, because they are part of the regional agreement known as the Great Lakes-St. Lawrence Basin Sustainable Water Resources Agreement, which was signed to protect waters in the basin. THE CANADIAN PRESS

TOLERANCE

Call to action against racism

A Vancouver-area radio DJ wants people across Canada to raise their hands — figuratively and literally — against racism this month.

Shushma Datt, founder and host of Spice Radio, immigrated to Canada in the early 1970s: "I went to many stations and was not accepted," Datt told Metro.

Last year's inaugural event was a huge success, Datt said. "It was so popular we had calls coming in as far as England and Germany." TEREZA VERENCA/ FOR METRO

Shushma Datt JENNIFER GAUTHIER/ FOR METRO

Half a million could die due to changing climate

ECONOMIC RESEARCH

Prognosis grim for future food production

Food scarcity and malnutrition, triggered by climate change, could lead to half a million extra deaths by 2050, grim new research indicates.

The deaths, say researchers in England and the United States, could occur as a result of changes in diets and body weight from decreased crop productivity. The researchers found that fewer fruits and vegetables would be available as a result of climatic changes. That decrease will increase rates of heart diseases, strokes and cancer, they found.

Three-quarters of the projected extra deaths will be in China and India.

Unless action is taken to reduce greenhouse gas emissions, climate change would cut the fruit and vegetables available to people in 2050 by 4 per cent, the calories available by 3 per cent and the red and processed meat by 0.7 per cent, the study found.

Published in the medical journal The Lancet last week, the study provides the most advanced projections yet of the effects climate change will have on food and health in 155 regions worldwide by the year 2050.

A boy walks through failed crops and farmland in Afar, Ethiopia early this year. Crops have failed and farm animals have been dying amid a severe drought that has left Ethiopia appealing for international help to feed its people. MULUGETA AYENE/THE ASSOCIATED PRESS

Previously, most research has looked at the ripple effects of food insecurity caused by climate change, specifically political instability and refugee crises. Few studies have focused on the wider health effects of changes to food production, said Marco Springmann, lead author of the study and a researcher at the Oxford Martin Programme on the Future of Food at the University of Oxford in England.

Climate change hits different food sources in different ways, he said in an interview. But fruits, vegetables and even some grains are especially vulnerable to warming temperatures. "Fruits and vegetables are more climate sensitive than meat production."

The researchers used an agricultural and economic model with data on emissions to consider a range of scenarios. The prediction of 500,000 extra deaths by 2050 is a middle-of-the road scenario compared with a world without climate change, the study says.

The deaths would be caused by two factors: people not getting the right nutrition and people being underweight. The majority of the predicted deaths were found to be caused by lack of nutrition — people forced to eat fewer fruits and vegetables.

A few countries could see climate-related decreases in deaths, related to a lower caloric intake, the study said. Any changes in availability of food and eventually consumption would reduce obesity in some places — a condition linked with disease and an increased risk of death.

Climate change has already been called the biggest global health crisis of our times because of floods, droughts and increased risk of infectious diseases.

Meanwhile, experts warn that changes to diet beyond 2050 could be even greater.

"We did a serious amount of work (to model for 2050) ... within the realms of what we could sensibly project," said Sherman Robinson, a senior research fellow at the International Food Policy Research Institute in Washington and one of the authors of this study.

"All the climate models start to accelerate after that, unless you had serious mitigation."

TORSTAR NEWS SERVICE

> **We did a serious amount of work (to model for 2050) ... within the realms of what we could sensibly project.** Sherman Robinson

UNITED STATES

Bullies targeting Muslims

In response to a surge in reports of anti-Muslim bullying — students being called terrorists, having their head scarves ripped off and facing bias even from teachers — U.S. schools are expanding on efforts deployed in the past to help protect gays, racial minorities and other marginalized groups.

Civil rights organizations and other advocates have been working more closely with schools since the attacks in Paris and San Bernardino, California, stirred a new backlash that led the U.S. Justice Department and U.S. Education Department to urge vigilance on the bullying of Muslims.

While stressing that students have rights under the law, and that offences should be reported, speakers at schools and mosques have also discussed how to create an inclusive culture, how Muslims are scapegoated for attacks and how non-Muslims can be allies to their peers.

While schools generally do not keep statistics on motivations for bullying, a survey of 600 Muslim students in California by the Council on American-Islamic Relations, an advocacy group for Muslims in the U.S., found in October, even before the latest attacks, that 55 per cent reported facing religion-based bullying — a rate twice as high as the national average of students who report being bullied at school. Officials with the group say bullying reports have spiked in recent months.

Parents say that incidents often go unreported, particularly among older students, and that many families address the problem by changing schools or home-schooling.

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DEEP SEA EXPLORATION

Possible new octopus found 4 km down

Scientists say they have discovered what might be a new species of octopus while searching the Pacific Ocean floor near the Hawaiian Islands.

On Feb. 27, a team found a small light-colored octopus at a depth of about four kilometres in the ocean near Necker Island, said Michael Vecchione of the National Oceanic and Atmospheric Administration. The octopus did not have fins and all of its suckers were in one row on each arm, Vecchione said.

The octopus "did not seem very muscular" and was light colored, he said.

A possible new species of octopus dubbed 'Casper' on social media. NOAA HANDOUT/THE ASSOCIATED PRESS

"This resulted in a ghostlike appearance, leading to a comment on social media that it should be called Casper, like the friendly cartoon ghost. It is almost certainly an undescribed species," he said in the statement posted on Wednesday on the NOAA website.

Two scientists he has consulted "agreed that this is something unusual and is a depth record," said Vecchione, who is with NOAA's National Systematics Laboratory.

The octopus was discovered during a search of the ocean floor by a remotely operated vehicle from NOAA's Okeanos Explorer, he said. THE ASSOCIATED PRESS

UNITED STATES

Nancy Reagan, 94, dies

Nancy Reagan, helpmate, backstage adviser and fierce protector of Ronald Reagan in his journey from actor to U.S. president — and finally during his 10-year battle with Alzheimer's disease — has died. She was 94.

The former first lady died Sunday at her home in Bel-Air, Calif., of congestive heart failure.

When she swept into the White House in 1981, the former Hollywood actress's partiality to designer gowns and pricey china was widely dismissed as a pre-feminist throwback. She maintained that her only mission was to back her "Ronnie" and strengthen his presidency.

Mrs. Reagan carried that charge through the rest of her days. She served as a full-time caretaker as Alzheimer's melted away her husband's memory. After his death in June 2004 she dedicated herself to tending his legacy, especially at his presidential library in California, where he had served as governor.

She also championed Alzheimer's patients, raising millions of dollars for research and breaking with fellow conservative Republicans to advocate for stem cell studies. Her dignity and perseverance in these post-White House roles helped smooth over the public's fickle perceptions of the former first lady.

She was thrust into the political life when her husband ran for California governor in 1966 and won. "The movies were custard compared to politics," Mrs. Reagan said. THE ASSOCIATED PRESS

Ronald and Nancy Reagan AFP/GETTY IMAGES

Women fear being seen

AFGHANISTAN

UN agency to black out pics on website to highlight plight

A United Nations agency in Afghanistan plans to stop publishing photographs on its website to highlight the plight of Afghan women ahead of International Women's Day on March 8, a UN official said on Sunday.

The move aims to bring attention to the fear many Afghan women have of the potential consequences of appearing in public or having their photographs published, said Rob Few, chief of communications for the UN Development Program in Kabul.

Photographs already on the UNDP's Afghanistan website would be blacked out starting Sunday, and replaced with the hashtag #WhereAreTheWomen, Few said.

Few said the UNDP's decision came after an Afghan woman helped by the agency to escape an abusive forced marriage said she was too afraid to have her photo published alongside a report about her experience.

"Walk down any street, or into any government office, or into any hospital, police station, business or university, and you have to ask yourself, 'Where are the women?'" Few said.

The post-2001 constitution protects women from violence and discrimination. But after more than 30 years of conflict, Afghan society has largely retreated into religious conservatism that has seen more women, even in Kabul, wearing the burqa and the niqab full-face veil for fear of a Taliban return.

President Ashraf Ghani has pledged that women's rights will not be eroded in exchange for peace with the Taliban.

The UNDP's decision to question the way women are treated in Afghanistan comes ahead of the anniversary on March 19 of the public murder of a woman in central Kabul, after she was falsely accused of burning a Qur'an. Farkhunda Malikzada was set upon by a mob, beaten, driven over by a car, and burned.

Her killers had their sentences commuted, and her immediate family has left the country for their own safety. THE ASSOCIATED PRESS

The UN Development Program in Kabul plans to stop publishing photos of women on its website **ahead of International Women's Day on March 8, a UN official said on Sunday.** SCREENGRAB

A man carries his baby as refugees wait near the border fence at the Greek-Macedonian border near the Greek village of Idomeni, where thousands of refugees and migrants wait to cross the border into Macedonia. AFP/GETTY IMAGES

IN BRIEF

More flight debris found

Johny Begue, the man who found a fragment of the Malaysia Airlines Flight 370 that disappeared two years ago, has found more debris on the island of Reunion.

He turned it in to police. Begue found a fragment known as a flaperon on July 29 that investigators identified as part of the jet that disappeared with 239 people March 8, 2014.

Begue said the new item is square and measures 40 by 40 centimetres. THE ASSOCIATED PRESS

REFUGEE CRISIS

Migrants drown off Turkey as Macedonia cuts flow

At least 25 people drowned off the Turkish coast while trying to reach Greece on Sunday, while Macedonian authorities imposed further restrictions on refugees trying to cross the Greek border.

The Turkish coast guard launched a search-and-rescue mission for other migrants believed to be missing from the accident, the state-run Anadolu Agency reported, and rescued 15 off the Aegean Sea resort of Didim, it added. The dead included three children, according to private Dogan news agency.

Meanwhile, Greek police officials said Macedonian authorities are allowing only those from cities they consider to be affected by war to cross the Idomeni border crossing from Greece. That means people from cities such as Aleppo in Syria, for example, can enter, but those from the Syrian capital of Damascus or the Iraqi capital of Baghdad are being stopped.

The two officials spoke on condition of anonymity because they weren't authorized to speak on the record.

A UN refugee agency official in Macedonia confirmed the new restrictions, and criticized the decision.

"This is not all right," said Ljubinka Brasnarska, UNHCR senior external relations assistant in Macedonia, told the AP. "Everybody from Syria who came needs international protection. This decision could be taken only by other competent international bodies, not by border authorities," she said, adding she couldn't explain the latest move.

Police said there were more than 1,000 people, mostly Syrians and Iraqis, currently stuck on the Macedonian-Serbian border.

The developments come a day before a summit between the European Union and Turkey to discuss the crisis, which has seen more than one million people reach Europe last year.

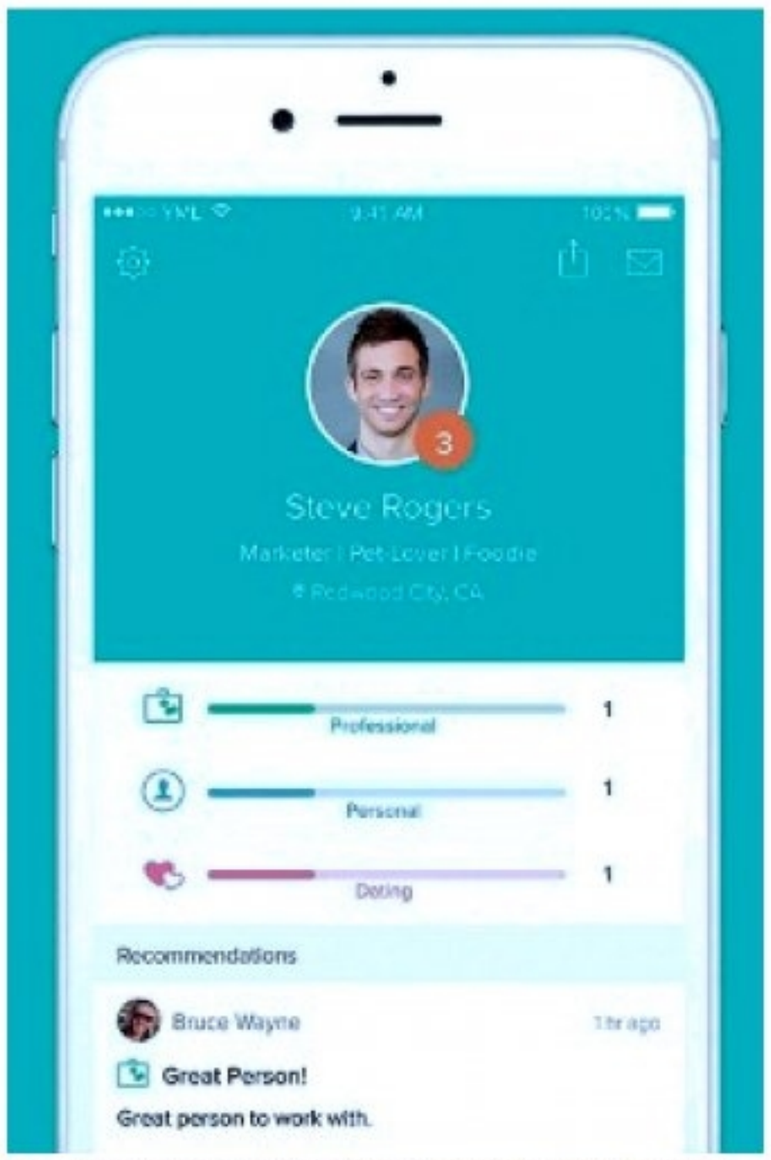
Nearly all refugees and other migrants who enter the EU have been doing so by taking small inflatable dinghies from the Turkish coast to the nearby Greek islands. With thousands of kilometres of coastline, Greece says it cannot staunch the flow unless Turkey stops the boats from leaving its shores.

Athens has criticized Europe for not sticking to agreements to take in refugees in a relocation scheme that never really got off the ground. THE ASSOCIATED PRESS

ON THE BORDER

Refugees wait in camp

About 13,000-14,000 people remain stranded in Idomeni, with more arriving. The rate at which refugees are being allowed to cross into Macedonia has been reduced to a trickle. Greek police said 240 people crossed between 6 a.m. Saturday and the same time Sunday morning. THE ASSOCIATED PRESS



Peeple, a controversial app that was initially called the most hated app in the world, is coming out in a watered-down form. CONTRIBUTED

Peeple rating app finally set to launch

CONTROVERSY

Founders forced to make changes after online furor

It was reviled as the most hated app in the world, and that was before it actually existed. Now people will get a chance to judge Peeple, as it is set to become available for download on Apple's App Store on Monday.

Last October, when its creators first unveiled Peeple, which is best described as a "Yelp for Humans," it managed to do the unthinkable and unite public opinion online. The only problem was that the sentiment was almost entirely negative.

The ensuing online media firestorm had co-founders, Julia Cordray and Nicole McCullough, shamed on every existing social network, doxxed (their personal information put online) and made the target of personal threats. They retreated from most online platforms, but did post that they were listening to the criticisms, and would be changing the most contentious things about the app before launch.

That day has arrived as they prepare for the world to judge their product, as opposed to their intentions.

"I would say the death threats. That was kind of ridiculous," says Cordray, the Calgary-based CEO, when asked what was the worst thing about the social media backlash.

Cordray says there are four main changes to the app:

1. Users have to join the app to participate. You must use your Facebook profile (which has to be older than six months) to log-in and provide your phone number. Initially, anybody could create a profile of another person, if they had that other person's email and phone number.

2. The app scrapped a five-star rating system, and instead created a Peeple number, which is the total number of online recommendations in each of three areas you can be judged in the app: professional, personal and dating.

3. Users now have full control of what is published on their profile. Originally, positive comments would go live immediately, but lower or negative appraisals would stay private for 48 hours, as users were supposed to negotiate to improve that rating before it went public.

4. The ability to deactivate an account at any time. Initially, Peeple planned to have no way to opt out.

TORSTAR NEWS SERVICE

Canadian Julia Cordray, right, and her U.S. business partner Nicole McCullough, creators of the Peeple app. CONTRIBUTED

RECREATION

Drone racing a rapidly growing pastime

They sound like big mechanical bees.

But the constant buzz at the indoor Sportsplex2 in Vaughan, Ont., came from small unmanned aerial vehicles (UAVs), or drones.

Some of the machines flying were small enough to rest on the palm of your hand — a DJI Inspire looks large enough to transport a chihuahua. Devices flown Saturday night ranged in price from less than $100 to as much as $4,000 plus.

In rapidly increasing numbers, people are spending that kind of money (plus a considerable amount of assembly and flight time) on one of the fastest growing pastimes around: drone racing. For those hooked on adrenalin, it's an electronic mainline.

And for pilots who hone their skills to the max, there are shots at both fame and fortune. Last year, the inaugural U.S. Drone Nationals were held in San Diego, and a major indoor competition took place in Ontario earlier this year.

The appeal isn't just prestige. Though the first competitions began with modest purses and prizes offered by manufacturers, the ante has been upped considerably. There is now an International Drone Racing Association, offering a top prize of $250,000 US in the World Drone Prix.

PILOT-EYE VIEW

- Higher-end drones have cameras that transmit video, in real-time, back to displays inside goggles worn by the pilot. It's called First-Person-View flying, or FPV. It puts you, literally, in the cockpit.
- With rare exceptions, FPV pilots remain seated or lean against walls when their drones are in flight — simply because the sensation is so immersive they would otherwise lose their balance.
- Some pilots use LCD screens mounted inside boxes (to shade them from reflections), allowing them to switch between First-Person-View and Line of Sight with a flick of their head.

But Saturday night in Vaughan was really just about getting together and practising. On one side of the field, a few are lined up to practise free flight — simply flying their drones and controlling inputs based on what they are seeing. It's also known as "line-of-sight" flying.

Most in attendance, however, including some spectators watching from a mezzanine above, were drawn by racing.

It's an activity that has grown tremendously in the past couple of years — and one many believe is still in its infancy. Basically, it involves small but high-performance quadcopters being flown, as quickly as possible, around a set course. The speeds are fast (some reach 80 km/h on a straight stretch), the competition intense — and the technology improving at a near-exponential pace.

Though there are a few female pilots, it's very much dominated by males with an interest in aviation, radio control, electronics, building and bonding.

Most of the quads being flown Saturday were in the popular 250 class, meaning there's 250 millimetres between the centre of the motors (which are mounted at the outer end of an X-style frame). This size seems to be optimal for manoeuvrability — and they're not so large you need a giant suitcase to haul them around.

These machines cost around $450 and up. TORSTAR NEWS SERVICE

People are spending a lot of money (plus a considerable amount of assembly and flight time) on one of the fastest growing pastimes around: drone racing. TORSTAR NEWS SERVICE

For the top drone pilots, there are shots at both fame and fortune. TORSTAR NEWS SERVICE

OIL AND GAS

Banks' watch list grows

They are the early-warning signs that a company may struggle to repay its debts: watch lists.

In releasing their latest quarterly earnings, Royal Bank, CIBC and Scotiabank each added nine oil and gas firms to their loan watch lists, the latest sign of trouble in the oilpatch. The names of those companies are kept confidential.

Gordon Sick, a finance professor at the Haskayne School of Business at the University of Calgary, said many energy companies are struggling and likely behind in their loans.

"There's a lot of them who are potentially in default," said Sick. "The banks in Canada are potentially looking at some hits."

The watch list has the banks keeping a close eye on the companies, and is one step before impaired status when a bank considers the loan at risk of default. Scotiabank said five per cent of its energy portfolio was on the watch list and it moved four loans to impaired status in the first quarter. CIBC said it impaired one loan.

THE CANADIAN PRESS

metro VIEWS

Your essential daily news

Monday, March 7, 2016

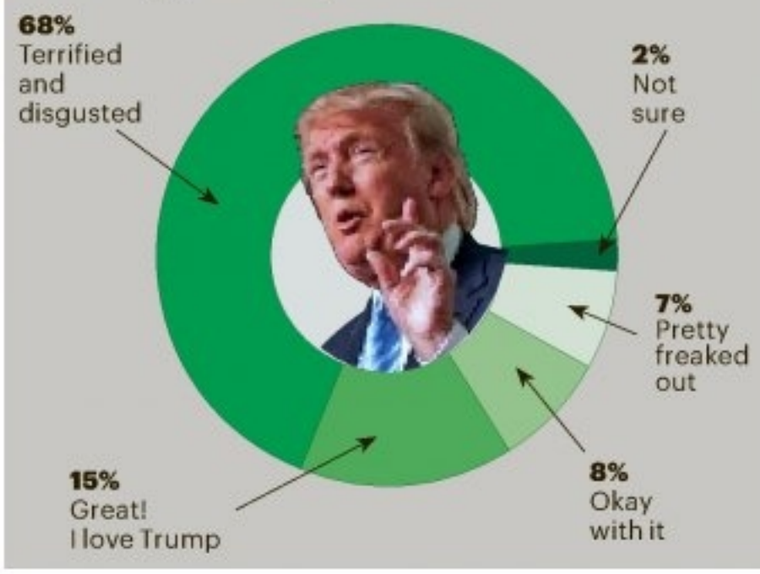
ZOOMING IN
Biologists have shown that Zika virus kills and disrupts cells of the brain's outer layer, **explaining how it may be causing birth defects.**

MONDAY METRO POLL

Should the U.S. dump Trump?

He's brash, he's bombastic, he's a billionaire — and he very well could become the next President of the United States. Donald Trump appears close to clinching the Republican nomination, and that has many people jumpy (and others jumping for joy). We asked our readers if they're happy about a potential Trump administration, or if they were hoping never to hear those two words together.

1 How do you feel about the prospect of a Donald Trump presidency?



2 Who would you vote for in the Republican primary?

WE ASKED Metro readers

Trump is a joke that went too far. This man with the keys to nuclear weapons is a terrifying thought.

I'm concerned all of the U.S. has gone koo koo bananas!

If Donald Trump takes office, he will create an atmosphere of hate and intolerance.

The U.S. doesn't need another Clinton in the White House. Trump may be more presidential than you think.

visit metronews.ca
HAVE YOUR SAY

The hidden costs of a cut-rate capital city

COLLINS' CAPITAL
Steve Collins

As property taxes come due next Thursday, very few of us will worry that they aren't high enough.

But last year, they didn't quite cover the city's bills. Council's finance and economic development committee voted last week to paper over a record deficit of $41.8 million by dipping into various reserve funds. The holes on the tax-funded side of the ledger included transit ($11.6 million), winter operations ($7.6 million) and police ($2.2 million).

Asked about this blot of red ink at the last council meeting, Mayor Jim Watson managed to put his usual positive spin on it:

"I'm pleased that we actually aren't running a deficit because we have reserve funds that are purposely built up so that if we do have a cost overrun, that money comes out, because as you know, by law, we're not allowed to run a deficit."

Credit where it's due. It's no small feat of bright-siding to portray the raiding of reserve funds to balance the budget, as required by the province, as an achievement. ("Sure, I may have driven us into the ditch, but look how well the airbags and seat belts worked!")

At times like this, the mayor's signature two-per-cent limit on property tax increases starts to look a little questionable, but since it helped get him re-elected, he's the least likely to question it.

The shortfall, to be fair, wasn't huge relative to the total budget, and would have been worse without a mid-year hiring freeze. And, as Mayor Watson pointed out, you can always expect the unexpected:

"We obviously had a number of extenuating circumstances, lots of snow and snow events last year, and some other issues. They have been dealt with in the 2015 budget so we're on target for another deficit-free budget in 2016."

"Snow and snow events," otherwise known as winter, have now blown the city's winter maintenance budget four years running, making us short by $11.3 million (2014), $23.8 million (2013) and $5 million (2012). And don't hold your breath for 2016.

This spring, consulting company KPMG will report on the city's winter operations, with special attention to the difference between what the city does now and the bare minimum standards required of municipalities by provincial law. Other cities, for example, don't clear sidewalks, delegating that chore to residents.

A similar thought process preceded the $20-million "optimization" of city transit services in 2011. OC Transpo's frequency of service and the generally close proximity of bus stops to residents' homes was deemed a little too excellent to be sustainable. So we cut services. Ridership descended into a years-long funk, and transit services ran a deficit in 2015 anyway.

As with transit, some residents, as they scaled the snowbanks to cross the street this winter, might have been surprised to hear the job the city currently does on snow removal is a gold-plated luxury we can no longer afford. But if taxpayers aren't willing to cough up what it costs to do it, logic calls for cuts. As slogans go, "Ottawa: Let's do a slightly worse job," might not inspire.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

The Trump campaign looks, quite simply, a lot like America

So far, the Republican presidential primary has been described as a schoolyard, a circus, a joke, a nightmare, a problem to be fixed, a slow-motion train wreck, the beginning of the end of the Republican Party, the beginning of a new kind of political party.

But for those of us seated comfortably on the outside, it has looked, simply, a lot like America.

Those flabbergasted by The Donald's seeming supremacy thus far — I understand. They see things changing dramatically before their eyes, and it scares the hell out of them.

But what, really, is changing? It is not American culture, which birthed Trump, and which often seems to prize individual wealth and fame above all else. What is changing is American politics, insofar as it is reflecting the broader zeitgeist.

In Trump's words on Thursday, before he called Mitt Romney "irrelevant" and spent the next 30 minutes berating him: "This is not a plateau, this is a movement. We have a movement going on, folks."

Indeed. What is Donald Trump if not the inevitable progeny of American popular culture, and the logical end to it? In 2012, one study found that 10- to 12-year-old American kids wanted, above all, to be famous when they grow up, and that they wanted the fame for its own sake, though surely wouldn't mind the money. As an American friend and I joke, in Canada, people say, "If I was rich..." and in the U.S., it's, "When I'm rich..."

Trump's outsized everything — bombast, ego, tanning regime, verbiage, so-called "policies," insults, outrage — is politics, supersized, just like the cliché American diet.

This is not to say that Trump is not disturbing. Like many, I've been guzzling Trump think-pieces like Pepto-Bismol, but nothing addressed that burning feeling in the pit of my stomach until a recent Vox article. It equates Trump-love with authoritarianism, and illuminates the existence of a distinct voter in the U.S. — the authoritarian. A person who prizes order and conformity above all else. A person who approves of Trump's regressive slogan and his alpha male persona, which promises to strong-arm the country into submission.

The article describes how a variety of factors, including decades of fear-mongering from right-wing media, the collapse of the middle class and dramatic social change like same-sex marriage have combined to trigger authoritarian tendencies in enough Americans to make The Donald credible.

In other words: Trump is suited exactly to his time and place, in the good old U.S. of A.

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metro LIFE

Your essential daily news

Lena Dunham, who has endometriosis, is undergoing surgery after an ovarian cyst rupture

Like Beyoncé sings, "best revenge is your paper." **Metro's finance guru Lesley-Anne Scorgie** has only five more weeks to break Annick and Yolanda of any bad financial habits and to build a budget for their future.

Budgeting for Beyoncé

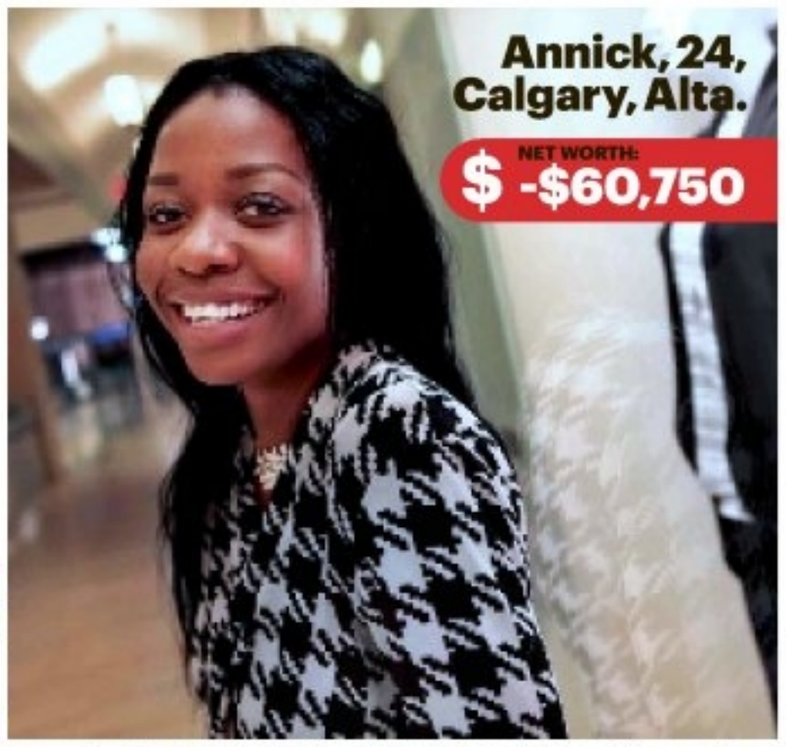
LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: At the start of January Metro's financial guru Lesley-Anne Scorgie started performing a financial makeover on two young women. Annick, a Calgary-based 24-year-old, and Yolanda, a Mississauga-based 27-year-old, have just 12 weeks to get their financial houses in order and drastically improve their net worth (assets minus liabilities). Follow along @LesleyScorgie #MetroMoneyMakeover to see their progress.

THIS WEEK: "What-if" expenses can throw you off budget and Annick must build up a financial buffer to weather these infrequent cash-crunches. Should these emergency funds be used for wants as well as needs?

NEXT WEEK: Yolanda's frugality is really paying off. She's up to $600 per month in savings (outside of her pension) for her down payment. Can she afford to continue her generous donations to sponsor two children and tithe to her place of worship? Stay tuned.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



Annick spent $322 on a ticket to see Beyoncé in May, but she's promised to downgrade her seats if she misses the mark on her ambitious debt repayment plan. GETTY IMAGES; JENNIFER FRIESEN/FOR METRO

$ NET WORTH

THE PROGRESS
Since starting the Metro Money Makeover in January, Annick has added $1,700 to her net worth by reducing her debt and starting to save for retirement in her group RRSP through work.

Assets	
RRSP	$600
Total assets:	**$600**

Liabilities	
Student loan	$58,500
Visa	$1,400
MasterCard	$500
Other loans	$950
Total liabilities:	**$61,350**

Net worth ($60,750)

THE SITUATION

Even if Michael Jackson came back from the dead, Annick wouldn't pay as much to see him perform as she has to watch Beyoncé in Edmonton this May. Tickets went on sale two weeks ago and Annick, plus one friend, jumped on presale seats for a whooping $322 a piece. What?

I get it. Beyoncé is killer in concert and Annick needs to reward herself every so often. But would $200 tickets have done the trick?

The price of Annick's Beyoncé ticket is equivalent to 11 per cent of her outstanding consumer debt. In Annick's 60/60/60 debt reduction plan, where she eliminates one of her consumer debts every 60 days, she's earmarked $950 in March towards debt repayment. We ran the numbers and Annick needs to pick up extra shifts at her part-time job (she also has a regular full-time gig) this month to afford both Beyoncé and this month's debt payments.

Over a virtual Skype handshake last week, Annick and I agreed that if she hasn't made her target for debt repayment by March 15, she'll trade in her premium Beyoncé tickets for the nosebleed seats. I think she can do it!

THE LESSON

Even the most frugal and financially dedicated people still need fun and entertainment in their life. Otherwise, they'll end up with bags of money, flaky friends and lonely. The key however, is to strike a balance — a.k.a. frugal rewards that fill your soul, not drain your bank account.

One of the most effective approaches to frugal rewards is to build up a financial buffer. It's similar to building emergency funds for legit "what-if" scenarios. You simply open a separate account from the one your paycheque gets deposited into, and contribute in regular automatic intervals such as $25 bi-weekly. That way, when trips to Miami or encounters with Beyoncé pop up, you can afford the purchase and shed any overspending guilt.

Annick requires two financial buffer accounts; the first is for fun splurges and she'll start contributing $20 per paycheque into a high-interest savings account for that. The second, is an emergency fund that she'll build within her TFSA by contributing $25 biweekly. Having both will ensure her "what-if" needs and wants are covered. When she's consumer debt-free this July, she can amp up her contributions to both.

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Have cramps? Take the day off

HEALTH

U.K. company's planned period policy sparks debate

Sick days are standard in most organizations, but a British company may soon allow its female employees leave to cope with a specific ailment: period pain.

Bristol-based community hub Coexist is aiming to develop a "period policy" which could potentially include allowing women time off during menstruation. Coexist is hosting a Pioneering Period Policy event slated for March 15.

"The purpose of this policy initiative is to create a positive approach to menstruation and the menstrual cycle that empowers women and men and supports the effectiveness and well-being of the organization," reads a portion of the event overview.

Coexist looks to potentially follow the path blazed by countries where menstrual leave has been enshrined in law.

Japan enacted menstruation leave in 1947. In Taiwan, female workers "having difficulties" working during menstruation can request a one-day leave each month. South Korea also offers paid menstrual leave.

In an emailed statement, Nike said workers at contract factories manufacturing for the sportswear giant are provided menstrual leave in countries where this benefit is protected under local law.

However, the company doesn't have a formal menstrual leave policy.

A 2005 Canadian study found 51 per cent of 934 women reported their activities had been limited due to cramping during menstruation. ISTOCK

A 2005 Canadian study looking at the prevalence of women with primary dysmenorrhea — recurrent pain and cramping during menstruation — found that severe symptoms could notably impact their daily lives.

Among 934 women with the condition, researchers said 51 per cent reported that their activities had been limited, and 17 per cent reported missing school or work.

"There's a significant amount of women that have some pain with their periods, and in a portion of those women it is quite unmanageable," said Dr. Catherine Allaire, medical director of the B.C. Women's Centre for Pelvic Pain and Endometriosis.

Allaire said some women can be bedridden as a result of severe discomfort, which can also be a symptom of endometriosis — a painful condition where the tissue lining the uterus grows outside the organ.

"There's a significant amount of women that have some pain with their periods, and in a portion of those women it is quite unmanageable."
Dr. Catherine Allaire

"There's a discomfort in discussing private problems of that sort," said Allaire. "It's also not a cancer or anything deadly, so it's not something that people understand can cause so much disability."

Toronto-based human resources specialist Lisa Kay said the introduction of menstrual leave has the potential to raise positive and negative issues in the workplace.

"From the employee's perspective, it certainly is nice to know that your employer appreciates that this is a challenging time for women, and would support a woman taking this time off if necessary. But I do think it's awkward for a woman to approach a male employer," said Kay, president and lead consultant of Peak Performance Human Resources.

"There would need to be resources in place or support systems in place to make it feasible for women to take advantage of this."

From an HR perspective, Kay expressed concerns over instituting a policy that would benefit a portion of the company's workforce.

"It really only represents a small demographic of employees who suffer from this particular ailment and it impacts their work. There's thousands of other things," said Kay.

"Can employees who suffer from regular migraines take this time off? Can employees who suffer from arthritis and are unable to work take this time off?

"I just think it does bring some challenges that employers are going to have to stumble through in order to make this a realistic and viable option for their employees."

Ultimately, if employers want to institute menstrual leave, Kay said she would "fully support it."

"I think there's a very important communications piece in the way that it's delivered to employees.

"It's going to have to be done sensitively as well, and the policy will have to be written in a way that's really clear in how it's implemented."

THE CANADIAN PRESS

PERSONAL FINANCE

If you're not paying rent, it's time to grow up

Gail Vaz-Oxlade
For Metro Canada

I am constantly amazed at the number of people I meet who, as working adults living with their parents, pay no rent.

Some of you are making a damn fine living. And you're spending.

But, for whatever reason, your parents don't think you need to be paying rent. And neither do you.

If you're one of those people — or one of those parents — it's time to get real.

When adult children live at home, work, and pay no rent, they are learning to live on a disposable income they will never again have in their lives. Even if the reason they are living at home is to pay off debt, not contributing to the household in which they live keeps them in the mindset of children.

You can hardly expect to be treated like an adult if you do not assume the responsibilities of an adult. And what will happen when you finally do move out?

(You do want to eventually move out, don't you?)

How will you have any sense of what it costs to live a real life if you've allowed yourself to be sheltered from reality well into adulthood?

I've seen it again and again. Jack and Diane both lived at home before they married. They had lots of money for concerts, shopping, snappy clothes and eating out. Now they're married. Having saved a down payment — that's a good thing, right? — they bought a home.

But Diane can't sleep at night because of the bills piling up.

And Jack thinks he's going to be trapped in his house for the rest of his life because he doesn't have any extra money now that he's king of his castle.

If you have parents who say, "I can't take money from my kids," that's no excuse.

If you were living on your own, you'd easily be spending 35 per cent of your income on housing, never mind food. So you best start setting aside that money as if you were paying rent.

Learning to live on a realistic disposable income is how you'll make the transition to independence viable.

If you're in a relationship with someone who lives at home and doesn't pay rent, heads up.

When Bobby and Jean got together, Bobby had been on his own for years, but Jean had never been responsible for anything more than her own phone bill.

He inherited a baby from her parents.

Ditto Janet and Brad. Brad's mother did his laundry, cooked his meals, and wouldn't take a penny from him.

Now prying money out of him for things like rent and food is a constant fight for Janet.

Brad just can't give up the lifestyle his mommy let him get used to.

When should you start setting aside your rent money?

The minute you're working full time (even it that's three part-time jobs), you should be contributing to the household so you learn what real life costs.

Or you should be setting aside that money for the future if your parents adamantly refuse to take it. The point is to live as if you'd spent that money on rent.

For more money advice, visit Gail's website at gailvazoxlade.com

Aim to get diversity down to a fine art

MULTICULTURAL LANDSCAPE

Galleries acknowledge need to mix it up more

Catherine Kustanczy
For Metro Canada

Visitors look at an exhibition of landscape paintings at the Glenbow Museum in Calgary. TORSTAR NEWS SERVICE FILE

Everyone has their own idea of what Canadian art is. The landscapes depicted by the Group of Seven painters in the early 20th century, beautiful as they are, don't fully represent the Canada of the 21st century, particularly its racial diversity.

A report published in Canadian Art magazine this past spring examined demographics of solo exhibitions of living artists at Canadian public institutions had disappointing results: 56 per cent of shows were by white male artists. Just 11 per cent were by non-white male and female artists.

"A lot of change needs to happen," says Sandra Brewster, a multi-media artist whose work examines race and identity. "Institutions must engage with these artists."

Charmaine Lurch agrees. "If we're not in those power structures, in those areas, then we're not known, and not invited in," says the award-winning arts researcher and interdisciplinary artist. "I think our work is seen more as a decoration."

Engagement is just one of the steps in a larger overall process, says Andrew Hunter, the Fredrik S. Eaton Curator of Canadian Art at the Art Gallery of Ontario. "One of the things we've been talking a lot about is, what is it visitors expect? What are their preconceptions? If you continue to think of your country and your country's story through images of an empty landscape, that doesn't encourage them to think of the cultural diversity of the country."

Melanie Kjorlien, Vice President of Access, Collections and Exhibitions at the Glenbow Museum in Calgary, echoes this. "People have a greater awareness of the Group of Seven and Emily Carr — it's something they think they should see. We put those things in our mix of programming, but we also try to include other stuff that people might not be familiar with. We are conscious of wanting to add to the collection things that reflect the community, including diverse artists coming to the fore."

Both Lurch and Brewster say leadership at Canadian arts institutions should more accurately reflect Canada's multicultural landscape. "If they feel that diversity is important, which is something we all keep hearing about, then they should find strategies to make diversity happen — in offices, in programming, in their collections, and in their audiences," Brewster says.

Hunter agrees. "The mix of (leadership) has to be reflective, and I think that's a challenge for many institutions. Many are making strides but everybody also recognizes there's a long way to go."

> **We are conscious of wanting to add to the collection things that reflect the community**
> Melanie Kjorlien, Glenbow Museum

FASHION

Westwood's husband debuts runway show

Vivienne Westwood declared her husband Andreas Kronthaler "the world's greatest designer" as he emerged from her flamboyant shadow Saturday with his first solo Paris show.

The Austrian-born designer — who says he suspects he is the basis for comedian Sacha Baron Cohen's 2009 fashion satire Bruno — lived up to his larger-than-life reputation with a spectacular explosion of convention-defying decadence.

As guests cheered his chutzpah, Westwood confessed to reporters that Kronthaler — who is 25 years her junior — had long been the power behind the throne.

"Over the years he has taken over the experimental stuff and I have had to follow. He calls me his muse. I think it was time the public understood the truth of this," said the 74-year-old queen of the punk fashion revolution. "I think he is the greatest designer in the world. He wouldn't like me to say that because he is always frightened. I have learnt so much from him," she added.

Kronthaler, who has worked closely with Westwood for years both as a model, stylist and muse, sent a dizzying array of disparate looks down the runway in the show billed as "Andreas Kronthaler for Vivienne Westwood."

All were in one way or another gender bending, with priestly girls, men in gold lame dresses and snake-skin effect boots, and women in oversized Alpine jackets from his native Tyrol.

Some of his models looked like senators emerging from a Roman bathhouse in blood-red togas while others wore long trailing Tibetan monk's hats, but all — male and female —wore platform shoes and boots.

Kronthaler's solo debut came on the same day that former supermodel Jerry Hall married the octogenarian media mogul Rupert Murdoch in London wearing a comparatively restrained light blue Westwood dress.

And Westwood admitted that when she first met Kronthaler "he was too big, he needed pulling down with an anchor."

He is a perfectionist, she said, "Every stitch is perfect, it has to be perfect for him."

But Westwood insisted he was also a great innovator.

"Nobody has done what he has done and put a toga on top of pants," she said.

She said they would continue to design her main collections together as a couple, but that they were going to reduce their line, because it was "better for the environment... We have got too big already."

Westwood revealed she was really taken by Kronthaler's togas and male dresses, which she urged more men to wear.

"Unisex is good for the environment."

Couples would not "have to buy so many clothes," she insisted, if they only shared their wardrobes.

For all the affront of the show's title, "Sexercise," beyond the carnal colours it seemed more inspired by flowing religious robes than it was by lust.

Certainly Kronthaler and Westwood — who fell madly in love when he was 22 and she 47 — could not have been more demure in the video they posted on Twitter to introduce the show.

With Westwood sitting on his knee in the library of their Queen Anne home in London, she very graciously gave him all the creative credit.

"You did it all," she said.

Elsewhere Paris fashion week hit its stride with the 1980s influence on the latest trends becoming more pronounced.

Japanese designers were the talk of the town, with five staging highly acclaimed shows within 48 hours led by Junya Watanabe, Yohji Yamamoto and Undercover's Jun Takahashi.tists." AFP

Togas on men and women were featured in the debut runway show of Vivienne Westwood's husband, Andreas Kronthaler Saturday. They will produce designs under her label. GETTY IMAGES

GOSSIP BRIEFS

'Vantablack' colour monopoly angers artists

Sculptor Anish Kapoor sparked debate in Britain Thursday by buying the exclusive right to use a pigment said to be the blackest ever, to the fury of others in the artistic community. Kapoor, whose huge works of public art are landmarks in cities from London to Chicago, has snapped up the rights to Vantablack, which absorbs 99.96 percent of light. The move has drawn some criticism in Britain's artistic community. Christian Furr, a portraitist who had planned to use Vantablack in a series of paintings, told the Mail on Sunday newspaper: "We should be able to use it. It isn't right that it belongs to one man." It was originally developed for military and aeronautical purposes. Asked about the reaction of other artists, the colour's makers NanoSystems said: "This debate is for the artistic community, we don't want to get involved. We are scientists." AFP

Anish Kapoor. AFP

Trump hands remark just the latest in political innuendo

You could say politics has reached a new low with the "small hands" remarks from the Republican debate.

But the exchange over the size of Donald Trump's, um, hands is merely the most recent vulgarity in American politics. The history of crude remarks goes back to the Founding Fathers.

In the 18th century, John Adams called Alexander Hamilton a "bastard brat" and wrote that Hamilton had "a superabundance of secretions which he could not find whores enough to draw off," according to historian Ron Chernow.

One difference between then and now: "These were words written or spoken in private, not in public," said Chernow, whose Pulitzer Prize-winning biography of Alexander Hamilton helped inspire the hit Broadway musical Hamilton. THE ASSOCIATED PRESS

Ferreira will appear on Jeopardy on March 11 — likely among the last Canadians to do so. TORSTAR NEWS SERVICE

I'll take Canadian contestants for $400

JEOPARDY

Victor Ferreira's spot on quiz show a dream come true

There's never been anything trivial about Victor Ferreira's Jeopardy obsession.

When his family immigrated to Cambridge, Ont., from the Azores, a 3-year-old Ferreira had access to only a few channels. And amid screenings of Beetlejuice and The Price is Right, the precocious toddler who spoke only Portuguese became weirdly fixated on this blue-hued quiz-show and its demanding esoterica.

"I understood, like, none of it," Ferreira recalled. "But it was a little world I could uncover."

And the rewards for Ferreira's Jeopardy zealotry really haven't ceased since: the show helped him learn English, then led to his adolescent adoration for Reach for the Top, and, finally, to the show's sparkling Culver City, Calif., studio and a meeting with Alex Trebek.

This Friday, Ferreira will finally compete on Jeopardy after years of trying. And he so happens to be appearing just after the show announced that Canadians are no longer able to apply due to online privacy laws — so he could be one of the last Canucks quizzing.

"After watching the show for so long and dreaming of being on it, it's surreal," Ferreira said. "You're stepping into a real-life dream."

Ferreira grew up in a "very humble" household, the youngest of three siblings all a decade-plus older ("I was a mistake baby"). His parents had elementary-school educations and worked long hours to provide, his dad as a construction worker, his mother as a nanny, until debilitating osteoarthritis forced her into retirement.

It didn't take long for his siblings to realize Victor was different.

"From two years old, he always wanted to get into conversations with the grown-ups," remembered his brother Rui.

"He always had a lot of questions," agreed his sister, Natercia Hennessey. "I'm so happy that we have Google now, but back then we didn't. The only way I could fuel his mind was to get him a library card."

After a distinguished high school stint, Ferreira was accepted to McMaster for health sciences, thus becoming the first person in his family to go to university. He eventually achieved a PhD in medical sciences and now works as a researcher at the University Health Network.

He's been trying to get on Jeopardy for years, including a near-Trebek experience in 2011 when he passed the first stage of screening. He learned just before Christmas that he was successful this time, and immediately began training with the sort of rabid rigour usually reserved for boxing-movie montages.

His specialties are science and pop culture, so he focused on his weaknesses, including poetry and Civil War minutiae. He downloaded his own buzzer sounds, staged trial games against friends, and practised his clicker timing by watching Jeopardy with a yellow highlighter in hand.

He shot his show on Jan. 27, journeying with his girlfriend to California for the first time. The next day was his 30th birthday, which they celebrated playing in the waves of Venice Beach, left alone in the 22 C mildness.

He can't talk about the outcome, but he delighted in meeting Trebek. He had heard the host could be a "little cranky" but instead found him generously open, game to chat about the Azores and joke about the American-centric questions.

As far as how Ferreira felt stepping onstage? We'll take "unbelievably nervous" for $1,000, Alex.

"On a scale from one to 10, I was a 15," he said. "You just hope you don't make a total ass of yourself on TV."

Well, his family would have been proud no matter the outcome.

His siblings — two of whom work at a Denso manufacturing plant in Guelph, another at an ONroute in Cambridge — speak glowingly of their baby brother. Hennessey recalls filming Victor's high school graduation, where he was valedictorian, and ruining the audio. "The whole thing, all you can hear is me crying."

And of course, Ferreira's parents, who don't speak much English, are thrilled.

"They usually watch the Portuguese evening news, then turn over and watch Wheel of Fortune and Jeopardy — two shows with the highest degree of difficulty for non-native speakers," he said. "They've been telling all their friends to tune in and watch."

TORSTAR NEWS SERVICE

Peet stars in the Duplass brothers' HBO series Togetherness. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

High-octane tension in the ordinary

THE SHOW: Togetherness, Season 2, Episode 2 (HBO)
THE MOMENT: The Game

In a L.A. backyard, Tina (Amanda Peet), her sister Michelle (Melanie Lynskey), Michelle's husband Brett (Mark Duplass), Brett's best friend Alex (Steve Zissis) and Alex's new girlfriend Christy (Ginger Gonzaga) play a party game: Someone names a movie, the next person names a star from it. Simple? Hah.

In season one, Tina rejected Alex. Now he's successful, and Tina's jealous of Christy, who's young and hot. Christy is onto Tina. So when Tina screws up the game, Christy humiliates her by condescending to her. "You can reject a clue if it's too hard," he says, as if to a child. She offers to switch seats, "so it will be easier for you."

"You don't have to change the rules for me," Tina says, eyeballing her. "I'm a big girl."

For four minutes (!) the tension escalates. The players squirm.

This show, created by Duplass, Zissis, and Duplass's brother Jay (who co-stars on Transparent), is so good is makes me mad. I'm irked that I'm not pals with the Duplasses and their gang of creatives. I'd voluntarily hold their boom, and I hate holding things over my head. I can barely change my shower curtain.

The whole season shines. Peet and Lynskey are especially moving. And anyone who doubts that drama can be wrung from seemingly ordinary moments should study the end of this scene, as Tina and Christy bet on whether Jennifer Grey costarred in Ferris Bueller's Day Off. It's like the car chase in The French Connection, but on lawn chairs.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

If the whole world went to the hogs

Disney's new movie Zootopia got us thinking: what if animals really did rule the world? It's not the first movie to envision an alternate version of human society. As these examples illustrate, there are some serious advantages to living in animal-centric worlds. TORSTAR NEWS SERVICE

Babe (1995)

The kingdom: Modest barnyard with wide variety of affable talking creatures and kindly god figure Farmer Hoggett

Benefits: High tolerance for citizens with pronounced eccentricities (i.e., pigs who think they're dogs), local fairs that offer American Idol-like opportunities to emerging talents

Drawbacks: Like the goose says, "Dinner means death! Death means carnage! Christmas means carnage!"

Ants (1998)

The kingdom: An ant colony in New York's Central Park that's presented as a totalitarian, rigidly conformist society with billions of inhabitants.

Benefits: Life is hard but at least the bars have plenty of "aphid beer" and line dancing.

Drawbacks: Wars with acid-spewing termites, bitter class divisions between upper-crust ants and their proletariat lessers, constant threat of being crushed by giant sneaker tread.

Kung Fu Panda (2008)

The kingdom: The verdant valleys and majestic mountains of ancient China except most of the inhabitants don't need coats to stay warm.

Benefits: Remarkably inclusive attitudes to potentially divisive issues of species difference (tigers and monkeys enjoy friendships with insects and birds) and non-traditional families.

Drawbacks: Sizeism still rampant, inner peace as hard to achieve as ever.

Fantastic Mr. Fox (2009)

The kingdom: Parallel world of nattily dressed woodland creatures in and underneath bucolic English countryside.

Benefits: Excellent tunnel system, reputable badger attorneys, strong support for local newspaper, relaxed attitude to table manners.

Drawbacks: Rifle-toting farmers living in close vicinity, hard to maintain look of freshly pressed shirt.

Planet of the Apes (1968)

The kingdom: Brutal world in which primates occupy all roles of an early industrial society. It's really a postapocalyptic Earth!

Benefits: Chance to look bad-ass in a black leather vest, easy to get hairless-ape slaves to do the stuff you don't want to.

Drawbacks: Restrictive caste system that limits gorillas to roles as authoritarian right-wingers and chimps as intellectual liberals, no ethical constraints to prevent chimp-on-human experiments.

NEW FILM

Robert Carlyle tackles macabre tale

Robert Carlyle directs, and stars alongside Emma Thompson in The Legend of Barney Thomson. HANDOUT

The Legend of Barney Thomson is a movie Robert Carlyle was almost destined to make. The Once Upon a Time star not only plays the lead character, he also directed the Scottish black comedy about an awkward barber who unwittingly becomes a serial killer.

"I was offered this four or five times purely as an actor over a period of five or six years," he says. "I was over here in Vancouver working and a friend of mine said he had a Scottish script that I might be interested in. I said, 'Of course I'll read it,' and it was that again. I can't get away from it."

The script is based on The Long Midnight of Barney Thomson by Douglas Lindsay, a novel The Scotsman described as "gleefully macabre."

Carlyle, a Maryhill, Glasgow native, liked the screenplay but says, "there were certain aspects of Glasgow culture that were missing from it."

"In Glasgow we have a way of speaking to one another that is kind of harsh. That was missing."

He drew from personal experience to find Glasgow sites that "fitted in with Barney's life."

"A lot of the locations you see in the film like the Barrowland Ballroom are places that are kind of dying and might not be around for much longer so I thought this was an interesting way of documenting some of these places."

Initially he signed on only as an actor but soon found himself doing double duty.

"Believe me when I say, it certainly wasn't my idea. I don't know if (the idea) came from the financiers or not. I can't remember but from whichever source it came from it seemed to be an interesting hook to hang this on that not only was I going to be in it but direct it also. That enthused the financiers."

The first time feature film director says he took his lead for the tone of the movie from the book and the script.

"Let's not have the camera moving around and spinning around in circles. Let's spend the time on the performances and not the camera angles, which you end up cutting anyway."

He recruited an all-star cast, including Sir Tom Courtney, Ray Winstone and his old Trainspotting cast mate James Cosmo. In a casting coup, he hired two time Oscar winner Emma Thompson to play against type as Barney's monstrous mom.

"Many, many years ago at the beginning of my career she did a piece on Scotland TV called Tutti Frutti," he says. "She's played a Scot in that, from Glasgow. I thought, 'She's remarkable. I thought she was English.' Then suddenly I realized, she is English and just did this terrific accent. There's not many English people who can do a Scottish accent that well."

> **There's not many English people who can do a Scottish accent that well**
>
> Robert Carlyle talking about co-star Emma Thompson

The Legend of Barney Thomson has already won Best Picture at the Scottish BAFTAs and Carlyle is keeping busy on the small screen as Mr. Gold/Rumplestiltskin on Once Upon a Time.

It's his next project, however, that has the Internet buzzing. In May he'll reprise the role of the pint glass-wielding psychopath Francis Begbie in the sequel to Trainspotting alongside the film's original director and cast.

"We were all very emotional when we read it," he says, "even Danny (Boyle), because these four characters have followed us around for 20 years. Where ever I go people are talking about Begbie. It is very close to us." RICHARD CROUSE/FOR METRO

metro SPORT

Lionel Messi scored twice in a 4-0 win over Eibar as FC Barcelona ran its unbeaten run to 36 games in all competitions

Skip Pat Simmons and Team Canada are 3-0 through the Brier's opening weekend. JUSTIN TANG/THE CANADIAN PRESS

Manitoba's do-it-all alternate priceless

CURLING

Mead guided Winnipeg rink to the Brier

Jon Mead is listed as an alternate for Team Manitoba at the Tim Hortons Brier. His list of duties is much longer than that.

Mead stepped away last spring after a long career as a player and moved into a new role as a coach, mentor, team manager and fifth for Mike McEwen's rink.

It's the first year that McEwen has had someone in the position on a full-time basis. Mead has helped guide the team to another strong season and McEwen's first berth in the national men's curling championship.

"He's the guy who keeps us accountable, keeps us honest," McEwen said. "At the end of a long day, he knows how to put smiles on our faces and help us relax."

Mead, who won Brier titles as a third for Jeff Stoughton in 1999 and 2011, spent last season with Ontario's Glenn Howard before they parted ways.

He joined the McEwen crew of third B.J. Neufeld, second Matt Wozniak and lead Denni Neufeld last June.

"It's been a neat way to continue to try to find a way to stay in the game and stay relevant, but in a role that I'm really comfortable with," Mead said.

Mead, 48, provides advice when needed and handles a variety of tasks so that the players can focus on their game. The new structure helped the team finally win a provincial title and get to the Brier.

Jon Mead THE CANADIAN PRESS FILE

"There's tons of stuff to do behind the scenes," McEwen said. "Booking flights, hotels, scheduling our practices and events and media stuff. He's started to slowly take over more and more roles that maybe (in the past) we would have done as the four athletes on the ice.

"That's been huge as far as that support is concerned."

McEwen split his first two games at TD Place, dropping a 5-4 decision to Brad Gushue of Newfoundland and Labrador on Saturday before topping Ontario's Glenn Howard 6-2 on Sunday morning. Manitoba was scheduled to play New Brunswick's Mike Kennedy in the evening draw.

In the afternoon games, Canada's Pat Simmons posted a 6-3 win over Jamie Koe of the Northwest Territories and Alberta's Kevin Koe dumped Prince Edward Island's Adam Casey 10-4. Saskatchewan's Steve Laycock doubled B.C.'s Jim Cotter 8-4 and Howard shaded Gushue 4-3.

Simmons was the lone rink at 3-0 after five draws of round-robin play. THE CANADIAN PRESS

NHL

Stars break Sens' hearts late in third

Antoine Roussel scored the winner late in the third period as the Dallas Stars beat the Ottawa Senators 2-1 on Sunday night.

Jason Spezza also scored for the Stars (40-20-7) with Kari Lehtonen making 23 saves for the win in net.

Zack Smith scored the lone goal for Ottawa (31-29-7). Andrew Hammond turned aside 23 shots in defeat.

SUNDAY In Ottawa

2	1
STARS	SENATORS

The loss leaves the Senators six points back of the Detroit Red Wings for the final wild-card spot in the Eastern Conference.

Despite playing the night before, Ottawa was strong in the third period, but struggled to score.

The Senators appeared to take the lead five minutes into the third when Curtis Lazar found the back of the net. But the Stars made a challenge that the play was offside and upon review it showed Mike Hoffman was just a step ahead of the play.

Roussel gave Dallas the lead at 17:46 of the third as the Sens scrambled in their own end.

Ottawa heads out for a two-game road trip with stops in Carolina and Florida.

THE CANADIAN PRESS

NFL

Manning retiring after 18 seasons

Peyton Manning surveyed the landscape of his brilliant career and called one last audible. He's retiring a champion.

A month after Denver's triumph in Super Bowl 50, Manning informed John Elway he is following his lead and riding off into that orange sunset just like the Broncos' boss did 17 years ago after winning his second Super Bowl.

Just shy of 40, Manning will forgo $19 million and a 19th season in the NFL, where he served as both a throwback and a transformer during a glittering career bookmarked by an unprecedented five MVP awards and dozens of passing records.

Peyton Manning GETTY IMAGES

"Peyton was a player that guys wanted to play with," Elway said. "That made us better as a team and I'm thrilled that we were able to win a championship in his final year."

The Broncos scheduled a news conference for 11 a.m. Monday. THE ASSOCIATED PRESS

NBA

Champs look like chumps vs. Lakers

Jordan Clarkson scored 25 points, D'Angelo Russell added 21 and the Los Angeles Lakers stunned the Golden State Warriors 112-95 on Sunday, handing the defending NBA champions just their sixth loss of the season, all on the road.

Kobe Bryant added 12 points in helping the Lakers earn one of the biggest upsets in NBA history and their biggest victory in a downtrodden farewell season for Bryant, who spent the fourth quarter on the bench resting his aching right shoulder.

Stephen Curry led the Warriors with 18 points on a day when they were awful offensively. Klay Thompson added 15 points, but the Splash Brothers were a combined 1-for-18 from three-point range. In all, the Warriors missed 26 of 30 attempts from long range.

Golden State fell to 55-6 and the Lakers improved to 13-51. THE ASSOCIATED PRESS

RARE LOSS

The loss snapped Golden State's seven-game winning streak.

IN BRIEF

Astros blast Blue Jays

Jon Singleton homered, doubled and drove in three runs, Colby Rasmus homered and a Houston Astros split squad beat the Toronto Blue Jays 7-1 on Sunday.

Singleton and Rasmus each hit their first spring home runs. Rasmus led off the second inning by connecting against Marcus Stroman, and Singleton homered in the fifth.

Stroman struck out four in three innings, giving up only Rasmus' homer in his second start.

THE ASSOCIATED PRESS

Report: Utley's two-game suspension has been lifted

After all that, Chase Utley is safe. The two-game suspension imposed on the Los Angeles Dodgers infielder after his hard takeout slide broke the leg of Mets shortstop Ruben Tejada in last year's playoffs has been dropped.

On Sunday, a person briefed on the decision told The Associated Press that Major League Baseball and the players' union had managed to reach an agreement that rescinded the ban.

THE ASSOCIATED PRESS

Upsets choke out UFC's plans

UFC 196

Diaz and Tate dispatch McGregor, Holm in Vegas

Nate Diaz chokes out Conor McGregor during UFC 196. REY DEL RIO/GETTY IMAGES

Moments after Nate Diaz choked out Conor McGregor and punched a big hole in the UFC's plans, Diaz took the microphone and triumphantly, profanely declared his victory was "no surprise!"

Maybe not to Diaz. The rest of the sport is still reeling from a revolutionary Saturday night at the MGM Grand Garden Arena.

The pandemonium caused by Miesha Tate and Diaz had barely subsided when everyone else began pondering the future created by their back-to-back upset victories at UFC 196.

Tate and Diaz scrapped some tentative plans for the promotion's landmark UFC 200 show in July. They also created tantalizing new possibilities in a sport that isn't afraid of a little chaos.

After his stunning dismissal of the touted McGregor, Diaz (20-10) likely could have virtually any fight he wants in two weight classes, perhaps including a title shot at either lightweight or welterweight. He isn't picking an opponent yet, but he wants a big cheque.

"I've been in this a long time," Diaz said. "It'll be nine years. This is my 25th fight here in the UFC, and I've been, in the last few years, curious when this is going to pay off. And I think it's time now."

For Tate (18-5), her first bantamweight title defence is likely to be a third bout this fall with Ronda Rousey, according to UFC president Dana White. That discounts the possibility of an immediate rematch with Holly Holm, who got choked out with 90 seconds left in their thriller.

Although a third dance with Rousey could be among the most lucrative fights in UFC history, Tate appeared to be the person least interested in choosing her next move.

"The right move feels like drinking a Budweiser and eating cupcakes," Tate said. "I'll talk to my management team, and we'll talk to the UFC."

As for Holm and McGregor, they'll have the chance to regain their lustre later this year.

Holm said she would love to fight again next week. McGregor expects to drop back down 25 pounds to featherweight, where he is still the champion.

"I'll keep my ear to the ground and see who the fans want," McGregor said.

Diaz's next fight could be the title shot he has long sought — and seemed unlikely to get, given his 5-5 record in his previous 10 bouts dating to 2010.

White suggested he could match Diaz against welterweight champion Robbie Lawler in a certain brawl between two sluggers, while McGregor thinks Diaz will get the next shot at Rafael Dos Anjos, the lightweight champion who dropped out of his bout with McGregor two weeks ago because of a foot injury.

THE ASSOCIATED PRESS

+ WOMEN'S DRAW

Rousey's film schedule complicates matters

Ronda Rousey isn't expected to be ready to fight before October at the earliest due to movie filming, but Dana White's intention to book Miesha Tate-Rousey 3 seems to rule out the possibility of a Tate-Holly Holm rematch at UFC 200. That means Holm likely will be forced to fight another contender this summer.

THE ASSOCIATED PRESS

GETTY IMAGES

EPL

Shorthanded Reds top Palace

Playing with 10 men proved to be no problem for Liverpool in the English Premier League on Sunday.

The same cannot be said of Manchester United.

Liverpool responded to James Milner's sending-off in the 62nd minute against Crystal Palace by coming from 1-0 down to win 2-1 as Christian Benteke's penalty clinched victory in the sixth minute of injury time.

However, United was made to pay for a 26th-minute red card to Juan Mata — also for two bookings — at West Bromwich Albion, which won 1-0 thanks to Salomon Rondon's goal at The Hawthorns.

United dropped three points behind fourth-place Manchester City in the race for Champions League qualification and is now only three ahead of Liverpool, which has won three straight league games for the first time in a year. City has a game in hand over United too.

"It's a big blow," United manager Louis van Gaal said. "This kind of match you need to win."

Van Gaal said Mata's sending-off for two yellow cards in three minutes was to blame for United's first-ever Premier League loss at West Brom.

"We have played 60 minutes with 10 versus 11, and this is the fifth match in 14 days," the Dutchman said. "It's very difficult to play against 11 players (in this situation). I think it's the reason why we lost."

Liverpool coach Jurgen Klopp hugs Christian Benteke at Crystal Palace. GETTY IMAGES

Mata collected his first booking for blocking a quickly taken free kick, a decision Van Gaal described as "stupid."

Initially, United coped well with going a man down but barely threatened West Brom's goal, and Rondon won a tight game by controlling a left-wing cross and shooting home on the turn in the 66th.

West Brom moved to 39 points, which should secure its Premier League status for another season.

"Can we reach that magic 50 points that West Brom have never had before?" West Brom midfielder Darren Fletcher said.

Liverpool played its best football down to 10 men at Selhurst Park, where the team hadn't won since 1997, although it needed two errors by Palace players to bring about the comeback.

Roberto Firmino pounced on a mishit clearance from Palace goalkeeper Alex McCarthy, drove forward and slotted a finish past McCarthy in the 72nd to make it 1-1.

Then Benteke, on as a late substitute, fell to the ground under the slightest of touches from Palace defender Damien Delaney, who pulled out of an attempted tackle in the fourth minute of stoppage time but still connected with Benteke's left ankle.

The Belgium striker coolly converted the spot kick, halting midway through his run-up before slotting it home into the corner.

"I feel like we've been robbed a little bit," said Palace manager Alan Pardew, whose side hasn't won since Dec. 19, "but maybe we shot ourselves in the foot."

THE ASSOCIATED PRESS

Donald Trump's helicopter landed on the course bearing his name and, before long, the Republican presidential front-runner was busy autographing a woman's shirt, driving a golf cart through throngs of screaming fans and boasting about how he hosts one of the elite golf tournaments in the world. Trump's arrival at the Cadillac Championship in Doral, Fla., was splashy, as has been the case plenty of times before at golf tournaments he hosts.

MIKE EHRMANN/GETTY IMAGES

CADILLAC CHAMPIONSHIP

Sizzling Scott's 69 a clincher

Adam Scott has won his second consecutive tournament, making four birdies in his first five holes on the back nine at Doral to help him rally and win the Cadillac Championship by one shot over Bubba Watson.

Adam Scott GETTY IMAGES

Scott shot 69 on Sunday on Doral's Blue Monster and finished the week at 12-under 276, scrambling for a wild par on the 18th to clinch the win. He also won last week at The Honda Classic.

Scott made a pair of double-bogeys in a three-hole span on his front nine and at one point was six shots out of the lead. But he birdied six of his final 13 holes, while others succumbed on a windy day at Doral.

It's the second win for Scott in a World Golf Championships event, the other coming at Bridgestone in 2011. He's now a 13-time winner on tour, and hasn't finished lower than second in any of his last three starts.

THE ASSOCIATED PRESS

RECIPE Vegetarian Chickpea Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this hearty and healthy meatless chili. It makes enough that you can pack it up for tomorrow's lunch.

Ready in
Prep time: 5 minutes
Total time: 70 minutes
Serves 6

Ingredients
- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 1 medium green bell pepper, cored, seeded and chopped
- 1 tsp dried oregano
- 2 tsp ground cumin
- 2 Tbsp chili powder
- 1/4 tsp cinnamon
- 1 1/2 tsp salt
- 1 28-oz can diced tomatoes
- 4 cups water
- 1 cup pearl barley
- 1 can chickpeas, drained and rinsed (16 oz)
- 1 can black beans, drained and rinsed (16 oz)

Garnish: Grated cheddar, sour cream, chopped cilantro

Directions

1. Heat oil in a large pot over medium heat. Add garlic, onion, carrot, celery and pepper and cook for 10 minutes, or until vegetables are softened, not browned.

2. Add oregano, cumin, chili powder, cinnamon and salt and stir to blend.

3. Add tomatoes and 4 cups of water. Stir in barley. Gently simmer over low heat, uncovered, for 45 minutes.

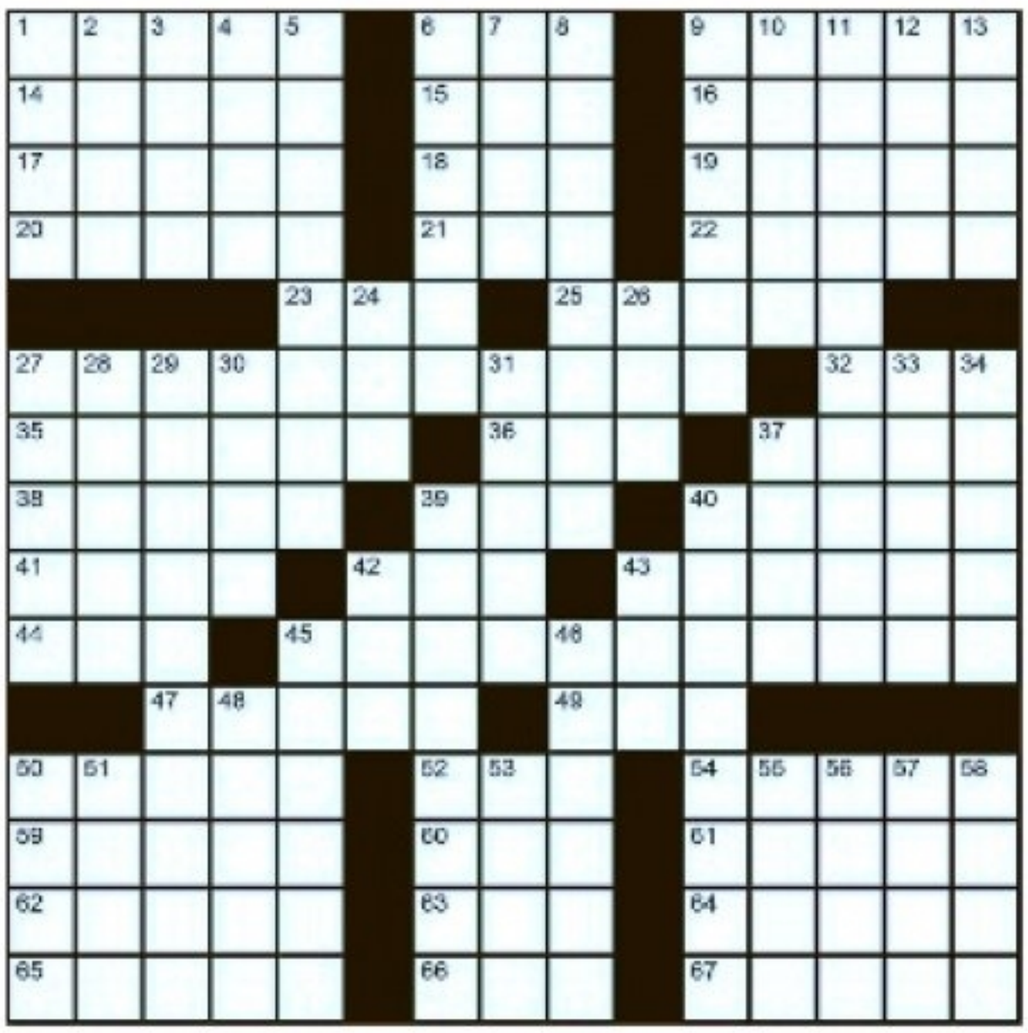
4. Add chickpeas and black beans. Allow to simmer for another 10 minutes.

5. Serve with grated cheddar, sour cream and fresh, chopped cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Some bananas
6. Friend
9. Prepare, with a skillet: 2 wds.
14. It could be stuffed
15. __ roll
16. Christopher of "Somewhere in Time" (1980)
17. Armada
18. AC/DC song
19. Scarlett O'Hara's mother
20. Flora and __
21. Luau dish
22. Paul Bettany's role in "The Da Vinci Code" (2006)
23. Pressure meas.
25. So much, in music
27. Canadian Army's polar bear mascot who lives at the Toronto Zoo: 2 wds.
32. Post-WWII female mil. aviators group
35. Restaurant
36. Insert
37. __ do (This will suffice)
38. Shows shower: 2 wds.
39. Grand-__, Nova Scotia
40. La __ (Milan opera house)
41. Back
42. Billy __ Williams
43. Highest points
44. Chicago's state [abbr.]
45. Place to play hockey on a winter's day: 2 wds.
47. Leader
49. Cheese from Quebec
50. River of Paris
52. Stealth bird
54. Icky-sounding plant
59. Molten rock
60. Corporate exec.
61. Sing like Michael Buble
62. Movie theatre attendant
63. Canadian hockey legend Mr. Dryden
64. Shoelace tip
65. Estelle of "The Golden Girls"
66. Film studio, DreamWorks ___
67. Wants

DOWN
1. Politely tip one's hat
2. Earthen stewing pot
3. Stead
4. Level
5. Select/single out: 2 wds.
6. Deep-dish meal
7. __ Domini
8. Freedom from constraint
9. San Joaquin Valley city in California
10. Illuminated the candle again
11. 'Big' transport in a Joni Mitchell hit: 2 wds.
12. Eye part
13. Writes
24. Swine dwelling
26. Furthermore...
27. Agar-holding dish
28. Disentangle
29. "Nighttime/Anytime (__ __)" by Canadian band Constantines
30. Sharply turn
31. Canadian actor Mr. Keeso
33. Tim of "Home Improvement"
34. Prohibition Era bottle
37. Froster
39. 1970s fads: 2 wds.
40. Graffiti artist's tool: 2 wds.
42. Scheduled
43. Perfect
45. Headline-making Mrs. in 1871 Chicago history
46. Tea type
48. Not fulfilled, as expectations
50. Conceited
51. Slacken
53. Month segment
55. Advocate
56. Mr. Porter
57. Type of student
58. Sidewalk 'hill' creators

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your eyes peeled and you'll spot an opportunity to make a name for yourself. Don't worry if you look pushy, worry only that you might miss your shot if you hesitate.

Taurus April 21 - May 21
Be precise in what you are trying to say. If you are vague with your words no one will know what it is you are trying to communicate and nothing will get done. Be blunt.

Gemini May 22 - June 21
Something will get under your skin today. It may be something interesting, it may even be something important, but don't shout and scream about it. This is something for you alone to investigate and make use of.

Cancer June 22 - July 23
You're in an adventurous mood and will want to explore further afield than usual. Just be careful you don't stray into areas where you do not know your way around. And always be aware of the quickest route out!

Leo July 24 - Aug. 23
You may be your usual energetic self but don't expect others to be as motivated as you. Not everyone shares your passion and this could be one of those days when it is better to do things yourself.

Virgo Aug. 24 - Sept. 23
Whatever you turn your hand to today it will work out better than you expected, even if it is the kind of thing you have never done before.

Libra Sept. 24 - Oct. 23
There is a danger today that you will try to prove yourself by doing too much. Libra is a cardinal sign, which means you like to take the lead, but make sure you know where you are going before you set out.

Scorpio Oct. 24 - Nov. 22
You can be too hard on yourself, especially when you fail to live up to the impossibly high standards you try to live by. You must be more forgiving today. You're only human.

Sagittarius Nov. 23 - Dec. 21
Someone will get a tongue-lashing today, and no doubt they deserve it, but later you may wish you had not been quite so scathing. Let them know you don't hold a grudge.

Capricorn Dec. 22 - Jan. 20
For quite some time now someone has been trying to let you know that they see you as more than just a friend or colleague. But do you feel the same way about them? You will have to decide and let them know.

Aquarius Jan. 21 - Feb. 19
The best, and maybe only, way to get results is to transform your current situation. Drastic changes will be made but, having made them, your life will be better — not the same.

Pisces Feb. 20 - March 20
Nothing is impossible for you now. You can move mountains if you so choose. A more productive aim might be to bring together people in pursuit of a common aim.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	8	6					
			5	2	7	4	1	
		2				9		
		5					6	
		6				2	7	4
	3	4	2		1	8		9
8	2		9		3			5
3			4			1	9	
	4	9						

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	6	1	3	8	5	9	2	7
9	3	5	6	7	2	1	4	8
8	2	7	9	4	1	6	3	5
2	4	8	7	5	6	3	1	9
1	7	6	8	9	3	4	5	2
3	5	9	2	1	4	8	7	6
6	8	4	5	3	7	2	9	1
7	9	3	1	2	8	5	6	4
5	1	2	4	6	9	7	8	3

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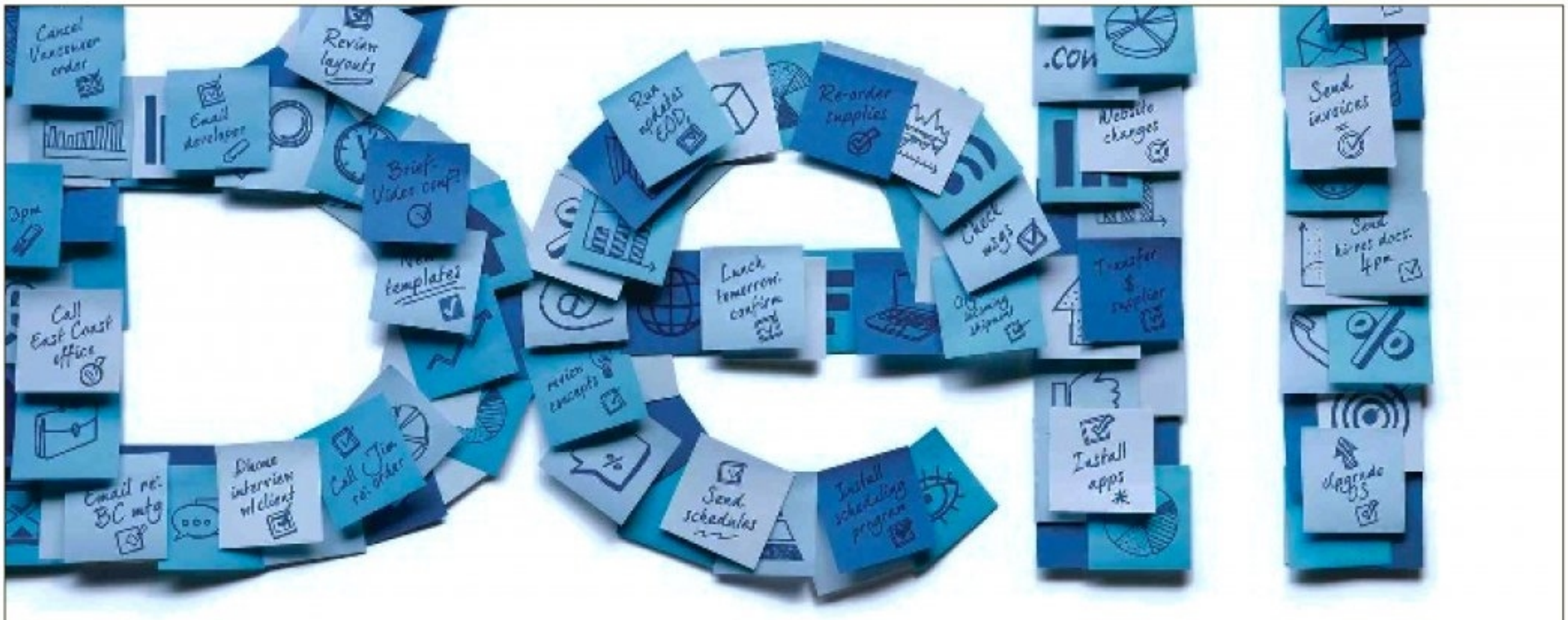

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